

7. (Currently amended) The footwear of claim 6 wherein one of said first and second illumination ~~device~~ devices is a light emitting diode ("LED").
8. (Original) The footwear of claim 7 wherein said power source is a battery.
9. (Currently amended) The footwear of claim 8 wherein said sole further includes mirror material located behind said ~~translucent sole insert~~ first and second illumination devices for reflecting said ~~externally visual light~~ provided by said first and second illumination devices through said ~~translucent sole insert~~.
10. (Currently amended) The footwear of claim 9 wherein said heel further includes mirror material located behind said ~~translucent heel insert~~ third and fourth illumination devices for reflecting said ~~externally visual light~~ provided by said third and fourth illumination devices through said ~~translucent heel insert~~.
11. (Currently amended) The footwear of claim 8 further including an effect device in said ~~translucent sole insert~~.
12. (Currently amended) Footwear incorporating an audio/visual system, said footwear comprising:
- a sole including light transmitting material;
 - ~~a translucent sole insert including at least one a first~~ illumination device within the sole,
the first illumination device being configured to provide ~~capable of providing externally visible~~
light of a first color;
 - a second illumination device within the sole, the second illumination device being
configured to provide light of a second color;
 - a speaker;
 - an audio/visual control processor ~~capable of altering the visual characteristics of~~
configured to blend said externally visible light provided by said first and second illumination

16. (Original) The footwear of claim 15 wherein said sensor is a pulse monitor.
17. (Original) The footwear of claim 15 wherein said sensor is a temperature monitor.
18. (Currently amended) The footwear of claim 15 further comprising:
 - a heel including light transmitting material;
 - ~~a translucent heel insert including at least one~~ a third illumination device within the heel,
 - the third illumination device being configured to provide ~~capable of providing externally visible~~
 - light of a fourth color;
 - a fourth illumination device within the heel, the fourth illumination device being
 - configured to provide light of a fifth color; and
 - at least one sensor located in said heel for sensing information about the physical state of a wearer,
 - wherein said control processor is configured to blend light provided by said third and
 - fourth illumination devices to provide light of a sixth color that is visible outside of the heel.
19. (Original) The footwear of claim 18 wherein said sensor is a pulse monitor.
20. (Original) The footwear of claim 18 wherein said sensor is a temperature monitor.
21. (New) The footwear of claim 18 wherein said sensor is a motion sensor.
22. (New) The footwear of claim 12 further comprising a motion sensing device for activating said audio signal when said motion sensing device is moved by a wearer of said footwear.
23. (New) The footwear of claim 1 further comprising a third illumination device within the sole, wherein the third illumination device is configured to provide light of a fourth color, and wherein the control processor is configured to blend said light provided by said first, second, and third illumination devices to provide the light of the third color.